

COMPANY NAME

STAIRWELL COMPETITION

Name: _____

Team Name: _____

Record your points on this form.

You get **one point** for **each flight of stairs** that you go up or down.

Example: Taking the stairs from the ground floor (1st floor) to the 5th floor would be 4 points.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL POINTS
1						
2						
3						
4						
TOTAL POINTS EARNED						

